THE INNER SENSES

> First, you must try to understand the nature of reality. To some small extent I have begun to explain this in the Seth Material. The five hundred and some odd sessions we have barely represent an outline, but they are enough to start with. The ideas, in themselves, will make you think. I have told you that there are Inner Senses as well as physical ones. These will enable you to perceive reality as it exists independently of the physical world. You must learn to recognize, develop, and use these Inner Senses. The methods are given in the material. ***But you cannot utilize the material until you understand it.***
>
> —Seth, *The Seth Material*, chapter 19

1. **INNER VIBRATIONAL TOUCH:**
   Much like empathy, but far more vital. Involves perception of a direct nature.

2. **PSY-TIME (Psychological Time):**
   Is a natural pathway that was meant to give an easy access from the inner world to the outer, and back again.

3. **PERCEPTION OF PAST, PRESENT AND FUTURE:**
   Enables us to see past or through the time barrier, viewing things as they really are (including our multidimensionality).

4. **THE CONCEPTUAL SENSE:**
   Involves direct cognition of a concept in much more than intellectual terms; is more like experiencing a concept completely. "You cannot truly understand or appreciate any living thing unless you can become that thing."

5. **COGNITION OF KNOWLEDGEABLE ESSENCE:**
   Involves an intimate becoming, or transformation, of self into something else. Used to penetrate through the capsule that encloses the self. Without it, no person would come close to understanding another.

6. **INNATE KNOWLEDGE OF BASIC REALITY:**
   Extremely rudimentary sense. Concerned with the entity's innate working knowledge of the basic vitality of the universe. Could not construct the physical camouflage universe without it. Shows itself as instinct, inspiration and episodes of spontaneous "knowing."

7. **EXPANSION OR CONTRACTION OF THE TISSUE CAPSULE:**
   Can be an extension or enlargement of the self, a widening of boundaries and of conscious comprehension; or a pulling together of the self into an ever-smaller capsule that enables self to enter other systems of reality. (The tissue capsule surrounds each consciousness and is an energy field boundary.)

8. **DISENTANGLEMENT FROM CAMOUFLAGE:**
   Used by the Inner self to disengage from one particular camouflage before it adopts another set or dispenses with camouflage entirely. Complete disentanglement rare in our system.

9. **DIFFUSION BY THE ENERGY PERSONALITY:**
   "An energy personality who wishes to become a part of your system does so using this sense. The energy personality first diffuses himself into many parts. Since entry into your plane or system. . . cannot be made in any other manner, it must be made in the simplest terms, and later built up—sperm, of course, being an entry in this respect. The energy of the personality must then be recombined."